

## SASH NEWS

**YOGA** with SASH Wellness Nurse Jill Robart. New 4 week session to begin Nov 27, Dec 4, 11, 18. 2 weeks off for Christmas/ New Year Holidays. New 6 week session to begin January 8.

Come meet Kelly McElheny from COVE, Community of Vermont Elders and learn about Medicare Facts and Fraud and Open Enrollment

### December 7th

8:00am @ Men's Coffee Hour-North Star Bowl

12:00pm @ Jacksonville Municipal Building

### Christmas Craft with Gail

Come make beautiful Christmas ball ornaments Friday December 8th @ 1:30 \$5

### FOOD BANK DECEMBER 12

New winter hours- 9:30am-10:30am

Vermont FoodBank brought to Deerfield Valley by SASH is a COMMUNITY program. Producers and retailers in VT provide the FoodBank with millions of pounds of food for distribution to our neighbors in need. We are fortunate to have a distribution site here at Butterfield Common. Of late there has been some tension at the distribution site. SASH, RSVP volunteers and other volunteers are working hard to improve the health and wellbeing of the people in our valley. Working together to better our community we are requesting respect for Volunteers who deliver. Volunteers are first priority enabling them to fill boxes to begin delivery. Volunteers do not receive any compensation for their time, effort or travel expenses. We appreciate your patience in waiting till their task is completed. We ask that people wait without complaining and crowding the food drop space. Then in an orderly fashion with guidelines as to amounts allowed from the FoodBank Representative, begin filling your bags. Your cooperation is needed. Many people are grateful for the generosity of FoodBank donors and count on the food support year round. It would be devastating for many folks if the program was discontinued due to lack of waiting patiently and respectfully.

### HOLIDAY BRUNCH

Monday December 18th 11:30-1:00

Please join us for our annual SASH Holiday Brunch for fun, food, and good conversation. Serving Baked French Toast, Vegetable Frittata, Spinach & Bacon Bites, Home Fries, Coffee Cake and more... \$5

PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS

PLACE  
STAMP  
HERE

SASH Deerfield Valley

814 Gage Street  
Bennington, VT 05201

# DECEMBER

## SASH FLASH



### **SASH DEERFIELD VALLEY NEEDS YOUR HELP**

Calling on all our outstanding cooks in the Deerfield Valley and beyond. Shires Housing/SASH is creating a cookbook. All proceeds to benefit SASH.

Please submit a favorite recipe with your name & town for inclusion in our cookbook. All categories appreciated.

**February 15, 2018 DEADLINE**

Send your recipes by e-mail to

[becky.arbella@shireshousing.org](mailto:becky.arbella@shireshousing.org)  
[marianne.almeda@shireshousing.org](mailto:marianne.almeda@shireshousing.org)

Or snail mail to  
SASH Deerfield Valley Recipe  
814 Gage Street Bennington, VT 05201

**SASH DEERFIELD VALLEY**  
**15 BUTTERFIELD DRIVE**  
**WEST DOVER, VT**  
**OFFICE (802) 464-0438**